

**TEEN HEALTH COURSE 3 © 2005**  
**National Health Education Standards**  
**Correlation by Chapter and Lesson**

	STANDARD	PERFORMANCE INDICATOR
<b>CHAPTER 16 <i>Growth and Development</i></b>		
Lesson 1 <i>The Beginning of Life</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.3	Explain how health is influenced by the interaction of body systems.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
Lesson 2 <i>Heredity and Environment</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.3	Explain how health is influenced by the interaction of body systems.
	1.5	Analyze how environment and personal health are interrelated.
	1.7	Explain how appropriate health care can prevent premature death and disability.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
	2.2	Demonstrate the ability to utilize resources from home, school, and community that provide valid health information.
	2.6	Describe situations requiring professional health services.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	7.4	Demonstrate the ability to influence and support others in making positive health choices.
Lesson 3 <i>From Childhood to Adolescence</i>	1.2	Describe the interrelationships of mental, emotional, social, and physical health during adolescence.
	1.3	Explain how health is influenced by the interaction of body systems.
	1.4	Describe how family and peers influence the health of adolescents.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	3.7	Demonstrate strategies to manage stress.

Lesson 4 <i>Adulthood and Aging</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	5.4	Demonstrate ways to communicate care, consideration and respect of self and others.